

Reducing Sodium:

From Menu
to Mouth



Reduce.



Replace.



Reformulate.



The **Philadelphia Department of Public Health** partnered with more than 200 Chinese take-out restaurants to reduce sodium in their menus.

They succeeded by:



Evaluating menu for sodium content



Choosing lower sodium ingredients



Developing lower sodium recipes



Cutting the amount of prepared sauces used in half

20%
reduction

The result was a 20% reduction in sodium in some meals.

